



Friday 3rd May 2014

YOUR FREE WEEKLY NEWSPAPER

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We have to remember from what has happened
ALLIE MOSS
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We're two tickets to see Noah
COMPETITION
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We're a meal for 2 at Murray's at the Ship Hotel
COMPETITION
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Bosham's Crimewatch showing

>> Bosham murder inquiry TV appeal gets good response

James Telf
HERALD CHICHESTER/PAUL COOKE

ARRESTING PEOPLE played a role in the reconstruction of the Bosham murder inquiry that was featured on BBC's *Crimewatch* on Monday night (31 April).

Whereas Crown was found dead with significant head and facial injuries at a house in Staggers Lane, Bosham, on Thursday 30 December 2010 and other members of her family had been staying at the property housekeeping while the women were away over the Christmas period.

Detectives Superintendent Mike Mayhew, Surrey and Sussex Major

Chris Treen, who appeared in the photos and made a brief appeal for information, said: "We received 15 calls after the investigation was featured and eight of those were of interest."

"We would like to thank the public for their assistance but we still need to hear from anyone who may have information."

Referring to the murder weapon, a silver hammer, he said: "We know that a hammer is not usually used by burglars and the murderer would have known the amount of harm they could inflict on someone with the hammer, when they entered the house."

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Police altered crime scene of Bosham murder (Photo: Press Associates)

MORE HEADLINES >>

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FORD FUSION
MURDERER

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STRANDS GREENING JOB
AT 5 MILLION CHICHESTER
SHARDIA, SCOTLAND

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Local News

Bosham murder inquiry TV appeal gets good response

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"It is likely that this person would have a history of violence and this would be known to

someone close to them or to a professional who has worked with them, either now or in the past.

"We are still appealing for information. That is about a missing a father who is still at



Police continue search of Bosham as TV appeal centres around clue hunters who are under investigation in the murder of Valerie Green. (Photos: Peter Aspinall and Simon Poles)



large. Mother it's a personal or professional relationship you have with this person, we need you to come forward and ring this happening again. Where a family deserves to know what happened?"

Valerie's children, Tim Wood and Jerome Harmon, who were featured in the CrimeWatch programme said: "We always did Christmas as a family so we were always together. He knew we were important to us. He just isn't believe someone would do this horrible thing and we will never get over the shock."

Police would like to hear from anyone who saw anything suspicious or unusual in the area from the afternoon of Sunday 20 December to noon on Monday 21 December.

They are offering a reward of £5000 for any information that leads to the arrest and conviction of the killer.

Anyone with information should ring 100 quoting Operation Enigma or email enigma@chichester.gov.uk or ring the independent charity

CrimeStoppers anonymously on 0800 095222.

Mystery as body found crushed



Ben Ford's body suffered crushing injuries.

AFGISTMORTEN of a man whose body was found at the Ford was confirmed on Tuesday (1st April) has revealed he had been crashing against his body had been crushed.

He has been identified as Ben Ford, aged 41, of Southdown Drive, Bournemouth.

Police were called shortly before 10pm on Tuesday to reports a body had been found at the Puffins Lodge Estate near Ford, Bournemouth.

Witnesses described the body as 'trapped in a door with children'. Detective Inspector Jon McNaught said: "It is likely that Ben's body was brought to the site by heavy lifting from a van. It was not a normal fall. The police are still looking for a number of locations but it is likely to be from a small location at Ford House."

"The death is being treated as suspicious and the investigation is ongoing into the circumstances. We are appealing to anyone who may have seen or heard from Ben from 1st April to contact police with information on any way to help to build up a picture of his movements. "There had been a 20 Lincoln and Hastings and was also known to frequent the Brighton area."

The body was found on the

premises of South Coast Slope who have posted on Twitter just after 9pm on Tuesday 1st April: "South Coast Slope Ltd on Twitter that a body was discovered at approximately 11pm that morning in our yard on the Puffins Lodge Estate."

"At this stage we believe that the body was tipped at our site by a dumper that was operated by a separate company."

"We are unable to comment further as there are at an ongoing investigation being led by the Sussex Major Crime Team."

"The management team and all of the employees of South Coast Slope Ltd would like to pay our our condolences to family of the deceased."

Anyone with information should contact police on 100 quoting serial 01/04/14.

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Anorak Corner

for tracing aspects of information about Chichester

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College's special moment with Gary

CLASHING COLLEGE CHAIRS on the roof of where they supported Gary Lasker on the final date of his all-out tour in Bournemouth. Seaford's choir sang the composition, *Ring from the Diamond Jubilee celebrations*, written by Gary Lasker and Andrew Lloyd Webber, in front of over 5000 people in the packed-out arena.

John Green, Seaford's Headmaster, was in the audience and told Holly that the performance gave her a big "admiration rub". John says: "It's so very fortunate to have met young people at Seaford College but, without a shadow of doubt, our Choir is very much our outstanding team of the moment. The chorister's performance at the Gary Lasker concert at Middlesbrough was simply phenomenal. As Headmaster I am incredibly proud of the performance of each and every member of the Choir. The applause and reaction from both Gary Lasker and the audience was infectious of how strong our Choir is. Indeed the creative side of the College continues to go from strength to strength and I am immensely fortunate to have such

understanding backing staff including Mrs Reynolds who continues to coach the Choir to such high levels of performance."

Holly Graham, Seaford College's student, said: "We were waiting to go on stage and Gary Lasker came from under the set to wish us good luck. He stood and said good luck to each chorister with his thumbs up. His really helped me control my nerves when I was performing and was very supportive."

Julia Laflin, 15, from year 12, said: "There were no empty seats, Holly was amazing and she was so cute."

Michaela Gump, from year 10, who is aspiring to follow in Gary's footsteps and "I can see why he likes doing it now".

The whole choir was on a high after the performance and celebrated with a group hug. They had spent most of their Easter holiday rehearsing and for many of them they are also running for their exams.

John Reynolds, Head of Voice & Chorus at Seaford said: "I have had the honour and privilege to guide every young singer at

Seaford College through some hugely successful performances during the past few years, but our big supporting Gary Lasker proved to be one of the finest events ever. I ask my singers to give all that they can at every moment and rehearsal and they again prove of their very best. The singing was simply beautiful, stylish, totally studied, harmonious and carefully augmented with compelling and emotional word painting. Every singer felt those glorious words 'These words they can't be spoken, only sung' with every fibre of their being and magnified the joyous and spectacular emotion of the piece strong, all-out crowd with every note that followed. Holly Graham, our student led with such calm, composed disposition and drew such gasps of delight from the audience, which led to a roar of approval when the choir continued her beautiful sound. Every child I have ever had the pleasure to teach was in my thoughts as thousands of people passed that it looked, sang it clearer, knowing everyone will hear you. Seaford College students are proving that excellent



singing is done and well in the town of young people. Enjoy and thank you for bringing such pleasure to me and thousands of others." Mrs Reynolds is also Head of Voice at the Junior Royal Academy of Music in London.

The Holly chorister's also put to rest Gary's support act, Miss Dandridge. Miss told the choir that she was "very sad it was the last night

of the tour and that she had really enjoyed supporting Gary Lasker". Miss signed autographs, posed for photos with the choristers and related the choir good luck before they went on stage to perform. Seaford College has an excellent Performing Arts Department which specialises in both music & dance and has Tony Dadd amongst its alumni.



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Great Ballard is an independent day and boarding school for children from 7 to 13 years in the South Downs National Park between Chichester and Arundel

Lock up your sheds and garages

POLICE are advising residents to secure their sheds and garages after burglaries were broken into over the weekend.

A property in Cole Close in Topley had its shed broken into during the early hours of Friday (10 April) but nothing was taken or stolen.

During the same period a red motorcar bike was stolen from a shed in Highfield Road, Dogmer.

PCSG Michelle Brown said sheds and outbuildings are often overlooked by burglars when securing their property but often contain high value equipment

such as power tools, lawnmowers and bikes.

"It's when people in particular at night, all property using ultraviolet paint. Consider installing shed and garage alarms and these can be purchased at a low cost from local hardware stores.

"Use good quality door shutters, padlocks as these cannot be easily forced or cut.

"Secure the shed or garage, then move to large heavy doors. If you have anything heavy or locked with something and, using a masonry drill, check your doors to this.

"We are committed to catching criminals and making your area a safer place to live.

"The information we receive from you and your neighbours plays a large part in enabling us to do that. The information we receive is shared, we will use it to develop the bigger picture and when the time is right we will take action.

"If you can provide any information about criminals who live in your area or wish to report a crime, please call Sussex Police on 101 or report it online at www.sussex.police.uk

Police search for Ford Prison absconder

POLICE are searching for 54-year-old Kevin Brown, who absconded from Ford Prison on Thursday (10 April).

Brown is described as white, 5'4" and of muscular build, with short dark cropped hair. When last seen that morning he was wearing prison clothing, a green short-sleeved t-shirt with a patch on the right shoulder, light green trousers, but may well have changed these since then.

He was serving a sentence of life imprisonment imposed at the Old Bailey in 2007 for conspiracy to rob and firearms offences.

Detective Chief Inspector Bruce Hedges of Sussex Police said: "We have been making widespread enquiries to establish the background to Brown's disappearance and in South East, especially across the South East, where he has family and associates.

"There is currently no evidence that Brown poses a direct physical threat to members of the public, but as one of the associates of his offences, including a history of violent offences, we advise anyone



Missing Kevin Brown

who knows where he is, or who has any other information, not to approach him but to contact the police right away."

You can either dial 999 or call Sussex Police on the quoting serial 992 of 1016. You can also call the independent charity Chichesterapp on 01243 555 121.

Thefts from cars in Chichester area

POLICE are investigating three thefts from vehicles across Chichester District over the weekend.

The first theft was from a vehicle in Dorney Road, West Wicks which happened between 2.00pm and 5.00pm on Saturday, 10 April. The silver Toyota Prius had the rear windscreen smashed and a black handbag stolen from the back seat.

Another theft occurred when a vehicle was left unattended at a car park in Goodwood on Saturday, 10 April. The blue Ford Focus had a mobile smashed and a handbag stolen from under the driver's

seat. The third theft happened on Sunday, 11 April. The blue Nissan Micra was parked at Walsbur Wood, Shingston, and between 10.00pm and 11.00pm across was parked in the back and a black leather handbag was stolen.

Please ensure that you remove your valuables from your vehicles at all times.

Any witness or anyone with information is asked to call 101 or email welsh@sussex.police.uk quoting serial 992 of 1016. Alternatively, call the independent charity Chichesterapp on 01243 555 121.

Man accused of racial abuse

A MAN is being accused of racial abuse of racially abusing a taxi driver on Bingley Road, Chichester, on Monday (10 April).

Yusef Andrew Dean, 35, of Deneall Avenue, Chichester, has been charged with racially abusing and abusing language with intent to cause racially aggravated harassment, alarm or distress and fined by the representative.

He is currently on bail to appear at Northling Magistrates' Court earlier this week.

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Local Plan to be submitted to Government



CHICHESTER LOCAL PLAN – a plan to provide for new jobs and homes in the district outside the South Downs National Park up until 2030 – is to be submitted to the Government for independent assessment.

At Chichester District Council's Full Council meeting on Thursday 19 April, councillors voted to submit the plan to the Secretary of State.

Councillors heard how the plan seeks to provide new homes and jobs that will allow the town to continue to prosper while protecting the special character of the area, in particular the countryside and the coast, the history and heritage of the area and the nature of the countryside it will cover.

The council will now submit the plan to Government. The Secretary of State will then appoint an independent planning inspector to

carry out an examination of it. This will include looking at areas of public housing, which are safeguarded under the plan.

Already the plan has made progress.

Helping to secure new investment in waste water management with a new UV system in place at Aprilbury, proposals for a new waste water treatment works at Turgers, and, successfully building the investment in feasibility works for much needed improvements to the road network from the Department of Transport.

Throughout the consultation process, the council has invited the views of local residents and businesses and has shared the plan to select some of the key comments from online.

The introduction of an ACME policy to recognise the importance

of the historic and surrounding communities, changes to the shape and size of the strategic area, more work on providing green infrastructure, and the number of jobs and transfer policies needed in the district for both short and long term companies, including the needs of the existing community with that of the future, while having limited land to accommodate growth.

During the public consultation, over 6,000 comments were submitted. The key comments made in the latest round of consultation earlier this year will be considered by the independent planning inspector who will decide whether the plan is sound and deliverable.

Councillor Heather Clark, Leader of Chichester District Council, says: "This has been one of the most difficult periods ever the council has ever delivered. It was always going to be difficult to find the right balance between protecting our beautiful district and delivering sufficient housing for the future. However, we believe we have achieved the through careful planning and consultation."

"An adopted plan is important as it means that we can control planning decisions that will protect

an outstanding environment. It sets a clear framework for development for the next 20 years, as well as the infrastructure that will be needed to service it. It is widely recognised that the council has been valuable to speculative development for some time as a result of not having an adopted Local Plan, and a five year housing land supply."

Councillor Tony Duggan, Cabinet Member for Finance, added that the plan represented a fair balance between meeting housing need and protecting the area's distinct environmental landscape.

"We needed to recognise the shortages of housing, both internally and locally, which has been aggravated by much lower rates of house building during the recession. In addition, substantial population growth is forecast over the next 20 years of the Plan, and any Government is likely to put a very high priority on meeting the need of house-building. The Plan sets out to accommodate these pressures and meet the clear local need for new homes in the most appropriate way."

Councillor Andrew Stach, Chairman of the Planning Committee, says: "The housing

numbers proposed in the Plan, in relation to the constraints facing the District Council. To provide for significantly fewer would have meant an excessive overpopulation given the affordability of buying or renting housing in the area. Since the Local Plan is in place the council will also be able to access further funding for infrastructure through attracting the Community Infrastructure Levy, to support projects needed by local businesses."

Although an independent inspector will have the final say on whether the plan is sound, the council has tried to ensure that everyone has had and has made some significant progress thanks to the expert local residents and businesses. The council believes this is the best plan for the area as a whole.

Cllr Carol Goodwin by saying: "It would like to thank everyone who has taken part as the important part of work. You are helping us to protect the district for future generations."

For information on the Plan, see www.chichester.gov.uk/planning or contact the council's Planning Policy team on 01243 759505 or email at planningpolicy@chichester.gov.uk.

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Ollie's £700 for charity!



A TEN YEAR OLD boy has raised over £700 for his chosen charity The Chichester Tree House - a hospice in which his two cousins were cared for before they died of a rare genetic condition.

Ollie Kennedy knows how special his cousins were, and because they looked after his cousins so well he decided he had to raise money for them. Ollie came up

with the idea of swimming two miles which he did at the River Rother Leisure Centre a Saturday. He swam an amazing 150 lengths which was 4 more than he had to. Whilst he was swimming he was supported by staff from Five Rivers, family and friends. That evening they had lunch and with the help of his mum and dad, Facebook family and friends they

watched the total going up on his Just Giving page live from over 500 special visitors over.

Ollie described the experience as really generous and said: "I seriously didn't expect to raise that much money. I set my target as 400 and this was amazing." Ollie is now thinking about what he will do next to raise more so

Terminus Road furniture outlet and donation centre – opening soon

THE ST. HELENS'S HOUSE Furniture Outlet at 10, Terminus Road in Chichester will be the largest of the House's retail area when it opens at the end of May. The site will include a second Donation Centre and is at the old College Technology building, providing easy access and ample parking for both shoppers and donors.

The manager of the new unit is Sara Richards, who has recently joined the House after spending more than 25 years working in London for premium furniture retailers such as Heal's, The Chelsea Shop and Habitat. Most recently Sara has worked as a shop manager in Chichester and has forged strong links in the area.

"We are opening soon" as she announces from St. Helens's House and the new Terminus Road Furniture Outlet team.

Sara says: "The new unit had been planned to open in April, but preparation and renovation work has taken longer than expected. We now hope to be trading by the end of May."

The House has always had a tradition of supporting the local community and she looks forward to welcoming new and existing customers to our new outlet.

The House meets just under £5.5 million per year to run, with just 10% of that money coming from the 2012. The new outlet will contribute valuable funds.

The team are all ready and ready to go, with your donations being reflected in preparation for the big opening. If you would like to donate any of your pre-loved furniture, home furnishings or home-ware to help them on their way please call one of the team on 01243 699441 for a free collection.

Chichester District Council Scheme of Allowances for Members

NOTICE IS HEREBY GIVEN that the Council meeting on 20 December 2013 approved a revised scheme for the payment of Allowances to councillors and co-opted members in respect of the scheme the Council complied with its duties under Regulation 42 of the Local Authorities (Members' Allowances) (England) Regulations 2012 to have regard to the recommendations of the Independent Remuneration Panel and accepted the Panel's recommendations. The revised scheme is effective for a period of four years and will be reviewed by the Independent Remuneration Panel and accepted by the Panel and the Council during that period. The scheme has not since been amended, except that the allowance paid to members were updated from 1 April 2014 in accordance with the change in the Retail Price Index for September 2013 and rates for travelling and subsistence have been varied in accordance with the rates paid to staff, in both cases as provided in the scheme.

The rates below of the scheme and the amounts payable from 1 April 2014 are as set out below:

1. **Allowance of £4,400 per annum** (applied to each Councillor)

2. **The Following Special Responsibility Allowance** is paid per annum in addition to the basic allowance:

- (1) **Chairman of the Council** - £4,400
- (2) **Leader** - £3,300
- (3) **Deputy Leader** - £2,200
- (4) **Leader of the Opposition** - £2,200
- (5) **Member of Cabinet** - £2,200
- (6) **Chairman of Overview & Scrutiny Committee** - £4,400
- (7) **Chairman of Corporate Governance and Audit Committee** - £4,400
- (8) **Chairman of Planning Committee** - £4,400
- (9) **Chairman of Housing & Environmental and General Licensing Committee** - £4,400
- (10) **Chairman of the Standards Committee** - £4,400
- (11) **Members of the Learning Sub-Committee (including Solicitors Members)**

3. **4 meetings attended per annum** - £4

4. **4 or more meetings attended per annum** - £200
Councillors are entitled to receive only one Special Responsibility Allowance at the same time. The Chairman of the Council or a councillor elected for a continuous period of more than a month to CCHA will be paid instead to the Vice Chairman of the Council on the responsibility during that period of absence.

5. **A Dependent's Grant** Allowance is paid to eligible of the natural maximum wage (This amount is subject to a cap to look after their children or another dependent relative while the councillors are attending council or committee meetings)

6. **The following travelling and subsistence allowance** are paid to councillors and co-opted members in respect of journeys on Council business, e.g. attendance at meetings, conferences, and training sessions. A full list of rates set in the Scheme. The member travelling and subsistence are the same as those approved for staff.

Travelling
(1) **Taxi to stations/airports and leaving offices outside of the district** - Car attended cost not less, by one-way only exceptional circumstances at 50p per mile
(2) **Taxi to meetings and other events by own car** - Up to maximum of 40p per mile, 40p per mile for own car with CO, maximum of 50p per 40p per mile

- (3) **Car parking** - at cost
- (4) **Taxi to/from** - at cost
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- (93) **Taxi to/from** - at cost
- (94) **Taxi to/from** - at cost
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- (96) **Taxi to/from** - at cost
- (97) **Taxi to/from** - at cost
- (98) **Taxi to/from** - at cost
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Subsistence
(1) **Breakfast** - 40p
(2) **Lunch** - 40p
(3) **Tea** - 40p
(4) **Snack** - 40p
(5) **Travel** - 40p

(6) **Out of pocket expenses for residential courses** - 40p per night

7. **The Basic and Special Responsibility Allowance to Councillors are non-transferable**

8. **A member may not be eligible all or any part of his entitlement to an allowance**

A copy of the Scheme may be inspected at the Council's principal office at East Pallant House, East Pallant, Chichester. A copy is also available on the Council's website at: <http://www.chichester.gov.uk/council/extended-cyprg>. Records of payments will be made available for inspection at the Council's office at East Pallant House.

D Shepherd, Chief Executive Chichester District Council

Dated 1 April 2014

This Notice was published in accordance with Regulations 42(1) and 43 of the Local Authorities (Members' Allowances) (England) Regulations 2012 as amended

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Chichester Business

Improving your work performance through exercise



Rachel Charles discusses how regular exercise has helped make her 'fit for business'

Imagining me the epitome of exercise and eating the right foods. "It doesn't sound like a great idea. It's so important to escape the stress and strain of the city and spend time in nature. In recent years, sometimes I've been putting the exercise in the back and endowing a meeting on the positive effects of contact with nature on our physical and emotional state. Combining these activities with exercising is fantastic for our wellbeing too."

"The most kind and serene are the foundations of health. If you take control of your health and body, the positive benefits overflow into all other areas of your life." Oily explained to me. "Gentle can literally change your life."

Some of the most astounding evidence of the health benefits of exercise at the moment is coming from Japan and revolves around the popular practice of 'Ikigai' or 'Forest Bathing'. Oily has been telling me all about it this week, as he regularly professes how well his other clients and he have benefited.

Forest Bathing reduces stress levels, boosts the immune system and encourages the production of

happy hormones (serotonin) which can help fight cancer! The "Epiphany Oily" I think this great idea. It's so important to escape the stress and strain of the city and spend time in nature. In recent years, sometimes I've been putting the exercise in the back and endowing a meeting on the positive effects of contact with nature on our physical and emotional state. Combining these activities with exercising is fantastic for our wellbeing too."

"There are great examples 'here poor' people to start taking control of their own health and wellbeing. It's something everyone should do in this hectic, digital world – and on a daily basis. We are fortunate to live in a beautiful part of the country, so let's start making the time to enjoy it more. It's paid for us."

It's not hard not to remain motivated when in the company of a trainer that is so confident and knowledgeable about how they



can help you to achieve your goals. And it takes a rather special one to make me feel excited about leaving the comfort of my bed at 6am to participate in a hot yoga session, again and again, before a busy day in the office.

If you'd like to chat to Oily about how he could help you to achieve your exercise goals, visit www.physicalmindbalance.co.uk or call 01243 200999.

All modern that position my stress will reduce a fine health and fitness consultation too. So what's stopping you?

Do you run a business in Chichester? Then there's more work right about your events, products or services you should be aware of that may be affecting you, which may be discussed within a future edition.
Click on Media or Planning on our Case @ Chichesterherald.co.uk

Chichester Chamber launches new scheme

CHICHESTER CHAMBER OF COMMERCE AND INDUSTRY (CCCI) is launching a new membership benefits scheme aimed at saving Chamber of Commerce members money, by saving the costs of bulk buying with their membership of newly joining companies.

By joining all Chichester Chamber members as one large company, individual organisations can reap the benefit of bulk buying and have their Telecoms, Utilities & IT costs vastly reduced. A genuine cost saving can be made for its members by making use of these three member organisations.

From and June 2011, South Telecom, Andel's & LMS Computers will be Chichester Chamber of Commerce's official partners to provide telecommunications equipment and services, gas, electricity & IT services for all its members.

This is part of an ongoing programme of improvements that Chichester Chamber of Commerce is making, to add value to its membership package. The programme includes by Broadband Expansion our Expo, the new post support broadband, expanding and expanding to building, ports, building services on business challenges such as expanding and growth place and their life-size training which offers short, sharp workshops on key business issues. This is in addition to the usual annual events programme which offers regular post events with Hospitality, Marketing and After and Brighton and Hove Chambers of Commerce and formal and informal networking opportunities, hosted by members.

I need to find a sense of fun at the start of every working week, as I dropped my busy schedule and needed, just what I'd find the time to do as a way to de-stress. All too often I found myself being very busy in my day and evening myself as 'busy' to be busy. I don't regret that the balance was becoming as unhealthily unbalanced as it seemed to be.

It was July last year when my attitude changed. I was introduced to Personal Trainer Oily Herman-Taylor from Physical Mind Balance, who offered me one-to-one regular sessions and began

Herald Recruitment

Chichester Herald provides businesses with an established targeted and cost effective advertising medium across the City with a newspaper readership of 32,000.

The newspaper is available for not selected pick-up across the city of Chichester and surrounding areas in a wide variety of situations every Friday.

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As well as this, over 1000 businesses in our area still struggle to read one newspaper delivered to their door where they are in the City Centre, a town or a town with a country road.

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£1400 raised for local charity at grand opening



ON SATURDAY 10 APRIL, Private Morris celebrated the opening of its new Chichester Morris backyard with a grand opening event that also raised over £1,400 for charity.

To mark the occasion, an official opening ceremony took place in which Chichester Harbour Conservancy Director John Conway presented a specially made plaque to the backyard building at Earls Holdings, Private Morris. Donations and members of the local council joined in.

In addition, the backyard building drew a crowd as local artists painted business-themed open door doors to represent various businesses.

New presents, Morris equipment, crafts, games, Morris and Morris dancing also showcased their products with demonstrations of their equipment whilst family activities such as face painting, live jazz and Morris dancing added to the day.

The event also featured a raffle in aid of local charity The Rainbow Centre, with prizes donated by local businesses. A big raffle was held in the backyard. A big raffle was held in the backyard and prizes were sold by the Morris in addition to raise money for the charity. Total sales from the big raffle and raffle tickets amounted to raising over £1,400 for charity.

Representatives for The Rainbow Centre said: "We would like to extend our warm thanks for the generosity of Private Morris and everyone who attended the event. Private Morris have been long-term supporters of The Rainbow Centre and without companies like them we simply wouldn't do what we do."

Private Morris Chief Executive Pete Robinson commented: "I am delighted that the afternoon raised so much for The Rainbow Centre. The opening was a real success and it was fantastic to mark the end of a large redevelopment project with such a special event."

Breakfast with a view at West Dean Gardens



WANDJ recently in one of the best garden restaurants in the South West and renowned for its award-winning and innovative cuisine. West Dean Gardens Restaurant is now opening its doors only and will be serving traditional and local produce breakfasts from 9.30am to 1.30pm.

The restaurant is the ideal stop-off for anyone (Devonshire Valley style), walkers and shoppers heading into town or for those looking to treat themselves to a leisurely Sunday breakfast with the morning papers

and streaming news. The restaurant will be offering traditional full English breakfasts as well as a range of continental and healthy options. Breakfasts will be served from 9.30am to 1.30pm. Local produce, seasonal ingredients and special treats are from 9.30am to 1.30pm in the summer months. There is also a full bar, live parking and the gift shop and garden will also open early price visitors the chance to enjoy the peace and tranquillity of the garden of their early morning host.

The newly restored Sussex Garden at the entrance and the new East Sussex Garden, step into the West Dean Garden, view the 13th century garden and enjoy the best views in Sussex. The more energetic can take the two and a half mile circular walk around the peaceful landscape which offers breathtaking views of the South Downs and West Dean College. To view the new restaurant menu please visit the website: www.westdean.org.uk/garden

Garden visitors can take a peek at

More than just a stage school!

Steynmoor Theatre Arts Chichester has been providing quality part time training in singing, dancing and acting for 30 years. As part of the longest running and most successful children's performing arts schools network in the world, Steynmoor Theatre Arts Chichester is more than just a stage school. They are proud to offer a full and rounded education, teaching the skills to build confidence, develop physical awareness, communication and articulation whilst providing enjoyment through the learning mix of singing, acting and dance classes.

Three Early Stage sessions are available for 4 to 7 year olds and act as a gentle introduction to the Main Schools. In the Main Schools children and teenagers aged 7 to 16 years learn to sing, dance and act on Saturday during term time. Steynmoor Theatre Arts Chichester provides a balanced mix of fun, learning and performance for both of their Early Stage and Main Schools. In addition to all of this they offer outstanding value for money with LAMDA exams, medals, performances, magazine subscription and optional representation by The Steynmoor Agency which secures professional work for hundreds of children throughout the country each year.

For children already playing drama at school, Steynmoor complements the skills learned by exploring drama, communication and expression techniques. For those not already involved with drama at school, Steynmoor's drama classes are perfect for building confidence, introducing role play techniques and increasing scripts, lyrics and choreography.

All of their teachers are CSE qualified and children and teenagers can work in a safe and protected environment. The combination of a non-teaching Principal and the small class sizes means that they can ensure that every child not only has but gets a wonderful experience.

Steynmoor Theatre Arts Chichester also offers a fantastic five day summer workshop for students aged from 4 to 7 years and 8 to 16 years. The workshops give all of the students an amazing learning experience, working with professional teachers and promoting all of their hard work in a performance to friends and family at the end of an action packed week. This experience is necessary, not just for confidence, but for lots of enthusiasm. Whether you want to make friends and have fun, gain more experience of performing, develop confidence or pursue a professional career in the arts, the workshops are an excellent choice.



to get involved with something exciting and creative. Places on the workshops are strictly limited so booking early is recommended.

Steynmoor Theatre Arts Chichester is located at Bishop Luffe School, Chichester and covers the City of Chichester and all of the surrounding areas, so if you are looking for dance classes, singing lessons or acting classes for young people, Steynmoor has it all and under one roof! For more information visit their website to book online at www.steynmoor.co.uk/chichester or call Principal, Stephanie Hollis, on 01243 619816.

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Message from the manager

Eva Gough
 MANAGING DIRECTOR
 MANAGERS

This (weekly) reading was one of our biggest trading periods of the year at Sensbury's Chichester, we were proud to offer our highest ever range of Easter Eggs on shelves, providing our customers across Chichester with an exceptional choice. (Sorry, I didn't help myself with that one).

Itself and the family kindly stopped on egg or two over the Easter weekend and they were certainly happy to do it. It was such a lovely, lovely chocolate store but also the extra something that comes with providing a quality product. There is no array of packaging that goes into creating an egg, it's just a simple box, which is why we're so proud to offer our customers such a quality product. There is no array of packaging that goes into creating an egg, it's just a simple box, which is why we're so proud to offer our customers such a quality product. There is no array of packaging that goes into creating an egg, it's just a simple box, which is why we're so proud to offer our customers such a quality product.

In 2014, Easter egg packaging across the retail industry was on its way out and we made positive strides with our own brand packaging, in the last few years, which is now well established. As we strive to give our customers great, affordable Easter products (including our new 'Sensbury's' range), we must also act as a responsible retailer by

providing new ways to support the local environment.

With this in mind, for the first time we'll be giving customers the chance to recycle their Easter egg packaging in-store. Sensbury's is the first retailer to introduce this scheme across its stores from tonight till 30 April and we're proud to be part of the initial trial. A large blue recycling bin is currently situated at the front of the store and contains separate slots for customers to pop their left-over Easter packaging, including card, paper, foil, plastic and more besides.

Being environmentally friendly is increasingly just a part of our everyday lives and this scheme makes a real sense for our customers to recycle - particularly taking in materials like card, plastic which not all local recycling accept.

This initiative will also help support the Forest Stewardship Council (FSC) and we will be making a monetary donation to them based on the volume of packaging we collect. It follows the ethos of our Chichester and recycling initiative, which helped contribute towards a national donation of over £5000 to the charity.

We hope this initiative is making sense to you. I don't even mean that one! I will be back to more recycling events set up across our stores next year. We have been important our customers value supporting the environment (after all, Sensbury's customers nationwide recycle over 100 tonnes of paper and card - that's equivalent to over a million newspapers!) but last, we should all stop our recycling Easter egg!



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Arts & Entertainment

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Reviews *New showing of General Cinema*

Cinema review: Noah - An ark of darkness...

Noah/Noah

Running time: 126 mins
Director: Darren Aronofsky
Starring: Russell Crowe, Jennifer Connelly, Emma Watson, Ray Winstone, Logan Lerman



Darren Aronofsky's *Noah* couldn't be accused of being already familiar to its native material. At the same time, it hasn't taken the greatest dilgias now told and reduced it to fodder for madmen spectacles. Rather, it's a work of remarkable ambition and often evocative emotion that sees its theme to anchor its bleak visuals and sweeping drama.

Having watched the world be corrupted by God's cold-blooded decisions, The Creator has decided to cleanse it with a vengeance. Noah (Russell Crowe, well-suited to such roles)



successfully immerses his drama under through a complex stream of events, assembled as art that can withstand the toughest post-flood and preserve the moral kingdom.

Recognizing that the Bible has left itself somewhat open to interpretation, Aronofsky takes liberties with scriptural and religious as well as biblical science. Knowing the deistic landscape are The Watchers, incredible

fallen angels who seem to have crafted off a world with Ray Winstone's Noah. Elsewhere, the story of Genesis is recounted via striking time-lapse images and Clint Mansell's spooky score, grows conclusive to the old biblical story.

That said, Aronofsky's *Noah* - and most revealing - doesn't go past the flood in the courtyard of his film rather than the drama. It becomes a night of

CGI and postcard effects, it's one of the most visually stunning and best-looking disaster flicks on the big screen.

Furthermore, it makes no bones about the confusion associated with the act of God. A shot of a dead world helplessly drifting to the last remnants of land as a new world was the most beautiful message.

But it's with good reason that Aronofsky's film does its case

from the deeply conflicted man who answers it. God provides Crowe with his best role to date. Noah is portrayed here as a proto-environmentalist whose values and beliefs are as difficult to follow as is his own (Ray Winstone) and his brother's (Logan Lerman). As the world descends into the fire of his family (Jennifer Connelly, Emma Watson and Logan Lerman), guilt and doubt tear at his conscience.

At last, the film's most thoughtful scenes actually arrive once the storm has ended. While there's still a formidable adversary for Noah to overcome, the film begins on his struggle with his devotion. Mastering elemental levels of empathy, Crowe makes it a riveting dilemma.

Verdict: Aronofsky's first bona fide blockbuster is a powerful blend of love, faith and compassion; it's a legitimate epic.

Half a million horsepower expected at Goodwood



ALMOST half a million horsepower is expected at Goodwood Motor Circuit on Sunday, 5 May as Superstar Sunday takes off the Goodwood Festival of Speed.

The free-to-all event has played a huge and knowledgeable following during the past eight years and will be filled with the very best two- and four-wheeled cars from the world's most exclusive manufacturers of high performance machinery.

With top seasonal supercars and bikes expected for the first Festival of Speed, the Goodwood Motor Circuit will

become a paradise for fans of rare, high performance road cars and bikes, all of which will be displayed by their manufacturers owners for all to enjoy.

Aston Martin, Ferrari, Porsche, Lamborghini, McLaren, Chevrolet, McLaren, TVR, Audi, Mercedes, BMW, Jaguar, Lotus, Maserati, Bentley, Honda, Kawasaki, Ducati and others are set to be represented at Goodwood, with fans able to enjoy unprecedented access to the machinery all morning.

Parking and entry is absolutely free with prices open from £100. Dates: Goodwood Festival

of Speed will be available throughout.

Four more Festival of Speed will follow in 2016, including 5th (17-18 May), 6th (19-20 May), 7th (21-22 May) and 8th (23-24 May).

The dedicated and devoted Goodwood Festival of Speed website www.goodwood.co.uk is the best place to go for more information and to book your tickets. The website also features a calendar of events and a list of exhibitors. For more information and to book your tickets, visit www.goodwood.co.uk.

Competition

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Q In which Australian soap did Russell Crowe play the character Kenny Linkin?

- A. HOME AND AWAY
- B. NEIGHBOURS
- C. THE SULLIVANS

Send your answer and include your full name, address and contact phone number to: competition@charlestonherald.co.uk. One lucky winner will be selected at random. Closing time: Sunday 10 May 2015 at midnight. This competition is open to all residents of the UK who are aged 18 and over. No cash prize. From Goodwood Festival of Speed, Goodwood Motor Circuit, Goodwood, West Sussex, PO12 3PU.

Cineworld
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01243 800 000

Food & Drink

A 'third of UK adults struggle' to afford healthy food



100,000 people across a third of UK adults are struggling to afford to eat healthily, warns a charity.

The British Heart Foundation, which published its findings based on a national health survey, says that when doing their grocery shopping

one in four said they had to bought a single portion of fresh fruit or vegetables at the last week.

Two thirds said they wanted to eat more healthily, but nearly half of them said cost was a hindrance. The British Heart Foundation

says people on still eat healthily on a small budget.

But it is concerned that some people are turning to cheap convenience food instead.

In the poll, many respondents said they bought ready meals, even

though they knew these may contain high levels of saturated fat and salt.

Victoria Taylor, senior dietitian at the BHF, said: "Healthy eating on a budget is one of the biggest challenges of our time. With the increasing cost of a weekly shopping basket it's a real concern that despite people's best intentions, they're struggling to eat healthily."

The BHF says people should think about cheaper ways to make healthy meal choices, such as using frozen or frozen fruit and vegetables which may be cheaper alternatives to fresh produce.

Likewise, vegetables tend to cost less than meat so, the charity suggests, people could try adding more vegetables to meat based meals. The meat will go further saving money and it'll help cut down on saturated fat too, it says.

Campanio Jack Mounie found food as a food blogger writing about living below the poverty line. He survived on a budget of just £10 a week to feed himself and his two-year-old son by creating healthy, cheap meals.

Food safety experts get sick!

DOZENS of people who attended a seminar on food safety seriously weren't laughing when they fell ill after consuming a meal served at the event.

In a suspected case of food poisoning, more than 100 people reported getting sick at the Food Safety Summit held at the Lakeside Convention Centre from April 8-10.

Officials were not yet certain that food poisoning was the culprit, but they're dealing with an outbreak of gastroenteritis that has caused many attendees to report symptoms like diarrhoea and vomiting.

About 1,500 people attended the conference, and of the 400 who have gone to health officials for more than a week, none are reporting symptoms that many more people may be affected, BSC News reports.

He is working on analysing possible exposure and doing testing at the Maryland state public health laboratory in attempt to identify an agent, read a letter from the Maryland Department of Health and Mental Hygiene sent to several guests.

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Win a meal for 2 at Murrays

Chichester Herald is giving away a meal for two people at Murrays. To win this fantastic meal for two people, see below.

The Chichester Herald is giving away a meal for two people at Murrays. To win this fantastic meal for two people, see below.

For your chance to win this fantastic meal for two people, see below.

Can you guess where this picture was taken within the Chichester area?

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Only one chance to win this fantastic meal for two people. The 'Win' is for one winner who wins a 1-course meal for two from the Murrays menu. There is no cash alternative. A 'win' will be randomly selected every Friday before 10pm on the day to be held on the last week of the month. See below for details.



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Travel

'Me, Myself And I' holidays boost self esteem



MORE THAN HALF (54%) of British solo solo travel enthusiasts are now more likely to holiday alone than they were five

years ago, according to a research from Booking.com – a company focused on booking hotel and other accommodations online –

More than an average from everyday life, women tourists reportedly alone solo travel as a means to explore and experience

new cultures, with almost two thirds (64%) saying they actually feel more confident when taking a trip on their own.

Nearly two third (64%) of the respondents in the research, which surveyed more than 1,000 British women, said that they felt more empowered and reinforced after taking a trip by themselves – over travelling with others. 64% said they have more freedom to be spontaneous when travelling alone, with 49% saying that it allows them to be a bit more selfish and do exactly what they want to do.

Booking.com also plays a key role in empowering women for solo travel and boosting their confidence to go on holiday by itself. Nearly two-thirds (64%) log in touch with friends and family back home while travelling, with three quarters saying that social media makes them feel more confident to go on or find places to visit, allowing them confidence to visit destinations on their own.

The 'Me, Myself And I' holiday trend is expected to continue, with over half (54%) of female solo travel fans saying they plan to do so again in the next six months.

Paul Hinchey, CEO at Booking.com, commented: "Our research suggests that the phenomenon of the female solo traveller is one that is here to stay. A lot of British female travellers are looking for that freedom to visit their own agenda, and to really find that boost in confidence that solo travel provides."

Booking.com is celebrating the empowerment of the woman solo traveller with its latest TVC 'Travelers', which has gone on air across the UK and US as well as on Booking.com's YouTube channel, from April. As the film tells the story of Jan, who very much loves her partner David but doesn't necessarily love the same type of holiday as he does. "If I go away alone or with the holiday has to be a version of a lifetime for her" – that's the campaign device.

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Fashion & Lifestyle

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'I was a laughing stock in the fashion world' says Posh



SINGER-TURNED-DESIGNER Victoria Beckham admits she was a 'laughing stock' in the fashion world when she first announced plans to launch her own collection.

The former Spice Girls star named criticised that position after initial

well sold first line, which debuted at New York Fashion Week in 2008.

She has since become an in demand designer for celebrities, but Beckham admits the fashion pitch was not successful when she first started out.

In an interview with the *Evening Standard* magazine, she says: 'For a long time there, I was a bit of a laughing stock. And while everybody was busy laughing, what was I doing? I was trying the foundation to what I have a place now.'

'Eventually said, "Well it's now going to work because a celebrity can't do a line", (but because) everyone thought it was going to be rubbish, (it took) the pressure of a little bit. "There were no expectations. I didn't expect it to be any other way. I didn't go into this to prove anything to anybody other than myself."

However, the star is adamant her time has actually benefited her brand because she does not need to rely on advertising to sell her clothes.

She adds: "It's a double-edged sword really. The most valuable part of being famous is that you have a voice and people will listen. I mean I can get a lot of attention. I don't have to rely on advertising campaigns."

Gemma is a plus for women

2012 BECOMED best designer at the prestigious British plus-size fashion awards as at Gemma Collier reveals her 65th clothing collection, she has every right to be proud of her achievement.

"The changed ladies" she says today. "I mean you get beautiful plus-size clothes thanks to me and I've opened a lot of doors for the industry. That's why I'll be here for my work collection."

Speaking at the launch of her 65th range, Gemma, 39, describes the response to her collection as 'overwhelming'.

Gemma Collier is one of the popular 2012 prize and not only a work collection a guaranteed sell out, but the designer has even won an award for her previous designs. That's pretty impressive considering she was a car salesman up until a few years ago.

And now she has launched her latest range of summer pieces that are available to buy now. Thank ladies forward finally, lady ladies. bye

and figure-hugging dresses that make the most of every curve. The only ones have the best for dressing a voluptuous shape.

"It's easy to think I was once a car dealer," says Gemma and now I've got

grown there's a massive market for plus-size women and my new collection of dresses, tops, and pants, they're young to look among the summer," she said.

Gemma explains that she has been a part of many projects in her life, which is full of busy ladies, less stress and could hope that she process will be a wardrobe staple for anyone.

Named after Gemma's siblings, such as St. Kate and Barbara, Gemma says that each design will transport you to the place and the bright colors of each design will brighten up everyone's wardrobe this summer.



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Dr FengWang is an associate of the ACCT (Association of Traditional Chinese Medicine and Acupuncture UK). He has been practicing his profession over 18 years and has his own clinic in Chichester town centre.



Dr FengWang has been providing acupuncture and other holistic therapies in London, Portsmouth and Chichester for over 5 years. Prior to this having established his degree in Chengde University of Traditional Chinese Medicine he had practiced acupuncture and medical herbology in China for 12 years.

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Property

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FEATURE PROPERTY:

PAGHAM

£390,000



An interesting and unusual attached property situated in a very rural location approx half a mile to the North of shops at Ross Green and Nymtobur. The specification includes ground floor family room, ground floor master bedroom with en suite shower room, two further ground floor bedrooms, bathroom, bright and spacious first floor living rooms, kitchen and sitting room with rural views. South facing garden and parking for approx four vehicles. Awaiting EPC Rating.

For more information, contact Coastguard Estate Agents on 01243 267026 www.coastguardproperty.co.uk



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**CRAIGWELL PRIVATE ESTATE £775,000**

Well presented modern detached house situated in private estate around 200 yards from the beach. Large South facing large spacious dining room - versatile dual aspect study/breakfast room - play room - an unusual curved staircase including master bedroom with en suite bathroom and balcony three further bedrooms, family bathroom, detached double garage and garden including a South facing area EPC Rating: D

**FORD****£755,000**

A detached cottage style house set in approx two acres of ground offering good views across the river. The property has potential for future development. It has a well. Chalkware extensive fully fitted dual aspect living room, dining room, good kitchen, separate utility room, master bedroom with en suite, second floor two further bedrooms, second shower room, detached double garage with double driveway, rear garden, swimming pool and hot tub. 30' x 60' garden house. EPC Rating: E

**CRAIGWELL-ON-SEA****£585,000**

A detached family house situated on a good road part in village centre, approx 300 yards from the private beach. The specification of this well presented property includes: 6 1/2 - 7 bedrooms, large dual aspect living room, a study, a kitchen/breakfast room, utility room, master bedroom with en suite, second shower room, three further bedrooms, bathroom, detached double garage and huge south east rear garden. EPC Rating: D

**ALDWICK****£295,000**

A well presented detached family house situated in a popular & well-kept area, approx. 400 yards from the beach. Chalkware light & airy open plan large living dining room, kitchen, separate breakfast area, centrally air study, four bedrooms, open out bedrooms, a double garage and a newly installed attractive South facing garden. EPC Rating: D

**ALDWICK BAY ESTATE****£270,000**

A very well presented three bedroom detached house in a quiet development, approx. 150 yards from the private beach. The apartment has been built to the highest standards of craftsmanship and modernisation and includes a 6' x 6' P.V.C. double garage, dual aspect living room, kitchen, two bedrooms, two bathrooms, a garage and a private South West facing rear garden. EPC Rating: C

**CRAIGWELL-ON-SEA****£237,500**

A new bedroom ground floor flat situated in a private road within three hundred yards of the beach. G.F.R. is P.V.C. double garage, a 17' triple aspect living room, two double bedrooms, an enfilade bathroom, a kitchen, a garage and a private South West facing rear garden. EPC Rating: C

**ALDWICK****£145,550**

A new bedroom duplex open apartment in the grounds of the Royal Navy care home, purpose built to be ideally user friendly with many safety features and the availability of any level of assistance from the care home staff. It includes a double garage, living room, kitchen, bathroom, personal patio area. EPC rating: C

Motors

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José takes delivery of f-type r coupé



SUCCESS production of the new Jaguar F-TYPE Coupé is now underway at the company's Castle Bromwich manufacturing facility. New Jaguar UK ambassador and sporting boss José Mourinho has now taken delivery of the first F-TYPE R Coupé to be specified for a UK customer, which was presented by two Jaguar manufacturing employees at a private event in London.

José Mourinho's new F-TYPE R Coupé was personalised according to

the exacting tastes of the ball-to-meter tactician. Specification highlights of Mourinho's F-TYPE R Coupé include the six CryoMetallic exhaust pipes, 20-inch 6 spoke Black and Diamond Turned Wheels with Red brake calipers, Performance Glass Roof and a 12-speaker Meridian Surround Sound System.

Speaking at the London event, José Mourinho said: "I am very proud to now own the new F-TYPE R Coupé. It was an instant connection

that yesterday sports car from the performance, responsible for building it and I would like to thank the Jaguar team at Castle Bromwich for producing such a wonderful car."

Two members of the Castle Bromwich manufacturing team, Gary Johnson and Steven Goss, were invited to present the car to José Mourinho. Steven Goss was given the opportunity as recognition of his exemplary contribution at Castle Bromwich, and his technical support of local charities for whom he has raised over £60,000 in recent years. He was joined in presenting the car by Fleet Quality Manager Gary Johnson.

Steven Goss said: "It was exciting to deliver a vehicle that I have personally had a hand in producing to Mr. Mourinho. We take immense pride in building Jaguar cars at Castle Bromwich, and this has been a special reward for producing some of the most beautiful and capable cars in the world."

The new F-TYPE R Coupé is the ultimate expression of Jaguar sports car DNA, and joins a Jaguar product line-up which now features

R or R-S based products across every specification the Jaguar model range. To mark the first delivery to customers of the new F-TYPE Coupé, Jaguar has launched a network of its specialist R Performance Centres of selected dealerships across the UK. Jaguar dealerships throughout England, Scotland and Wales now offer customers specialist product knowledge and extensive cars, dedicated to Jaguar cars wearing the famous R badge.

Jaguar customers will be able to draw the car on test now designed by professional drivers, giving them the opportunity to comprehensively experience the dynamic abilities of the exciting Jaguar R model range. Every new Jaguar R Performance Centre will also be equipped with drive loaded with applications that offer more access to technical information, performance data and interactive media covering every R model in the Jaguar range.

Jaguar dealers in the UK are also able to offer specialist guidance to the newly-launched R-Sport two option, which is available

across the XF range. The R-Sport package of design and performance enhancements is now available to order with a highly-tuned version of Jaguar's 3.0 litre turbocharged engine, which produces over 300bhp (200+).

Jaguar UK Marketing Director Kate Farlow said: "The Jaguar R brand is iconic, having shot to fame when XK8 was the Le Mans 24 hours race in 1988. Now we have a full range of visually dynamic, dynamically revealing performance cars and a specialist network of retailers to bring customers closer to these products."

"We will be offering outstanding support to buyers and owners. Later this year we'll be introducing a selection of customised driving schools for Jaguar R product customers, meaning they will be able to explore the limits of their car and driving skills in a safe and exhilarating environment."

Details of the new network of Jaguar R Performance Centres are available to view here: <http://www.jaguar.co.uk/performance-jaguar-r>

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Football

City back on track with victories

Sunday 27 April 2014

South West Counties League
Chichester City Ladies 2-1 Southam

Thursday 26 April 2014

South West Counties League
Chichester City Ladies 1-1 Southam

As the season draws to a close Chichester city ladies have done games scheduled in six days. The first of these fixtures was against Southampton South on Thursday night, with an attendance approaching 400 the team were keen to give them something to cheer about. After an impressive performance against Dorset the previous Sunday they showed more confidence on a high after a disappointing trip to form.

The ladies started well, having lots of possession and taking full advantage of the pitch. Southampton were being restricted to corner attacks and were struggling to create any chances. With their possession it was only a matter of time before the home side broke through, the ball was cleared by a Southampton defender after an excellent delivery from a corner and fell to the waiting ladies who rifled a volley low and hard into the bottom of the net. The goal brought her level as the club's goal scoring charts for the season. Chichester continued to create chances, the best of these falling to Aitken, who after being played in behind the ball towards goal, only to see the Southampton keeper pull off a tremendous save from point blank range. The home went in at the break with Chichester as a leader but, largely thanks to the heroics of the visiting keeper.

Southampton started the second half with a higher tempo, doing down Chichester when they were in possession quickly and keeping possession better themselves. Their lone striker was working tirelessly to try and create space for herself but was struggling against the experienced Chichester back line. It took until the goalkeepers for the visitors to create a real chance when they managed to get a player beyond

the Chichester defence and as she played the ball across it struck the arm of the Chichester defender from underneath, the referee signalled for a penalty despite the appeal from Chichester. The penalty was easily taken to draw the game level.

This seemed to bring up Chichester and they went searching for a goal that would put them back in the lead after enjoying some good spells of play the chance would fall to Willett, who arrived at the back post at the right time to put the ball in the back of the net after a cross from the right hand side. This seemed to knock the wind out of the visitors and the home side continued to press for more.

After a foul inside the box Chichester were awarded a penalty. Hollie Wyle stepped up to take the kick, however the visiting goalkeeper managed to pull off another spectacular save. The game ended 1-1 and was just the match Chichester needed to keep the season on a high going into the busy period.

On Sunday Sunday Chichester ladies met Oldlands Park. The ladies were one of only three teams to beat Chichester in all competitions this season, and the Green Army were keen to settle this issue. The home side started the game brightly with the first half being very good attacking football. Chichester were panned over their half for the majority of opening 45 minutes. As in the away fixture, Chichester looked dangerous from set piece being

Chichester back and were well organized. Unfortunately however they struggled to create chances from open play.

The home side opened the scoring in the first half when Willett, playing her penultimate game for the club before retirement, scored again to make it two to two. The goal came after an excellent corner delivery caused problems inside the box and allowed Willett to convert the finishing touch. Chichester looked like sliding to four last however it was Chichester who scored next when a long ball forward wasn't cleared properly and a waiting forward slid a volley low into the net from just inside the arc. The home side were becoming as to how they were going in lead at the break after enjoying the best

share of the attacking football.

The second half continued much as the first left off with the home side dominating possession and restricting the visitors to looking on from the bench. Chichester continued to play exciting attacking football constantly looking to create chances as they stretched out the Southam players. The Chance would finally fall to Aitken and she took it brilliantly to put the home side into the lead. Southam tried to get themselves back into the game but were struggling to break down a well organised home side. The game after recorded their third victory in a row, an excellent run leading into their final game.

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South West Counties Football League Tables

Division One

Team	P	Pts
1. EAST PRESTON	30	54
2. EAST GRINSTEAD TOWN	32	34
3. LITTLEHAMPTON TOWN	32	34
4. BISHOPSTOKE	32	33
5. CHICHESTER CITY	32	30
6. BACCHICKS	32	28
7. BISHOPSTOKE	32	25
8. BACCHICKS	32	25
9. BISHOPSTOKE	32	23
10. CHICHESTER CITY	32	21
11. BISHOPSTOKE	32	20
12. ST FRANCIS PARISH	32	18
13. BISHOPSTOKE	32	17
14. LITTLEHAMPTON	32	17
15. BISHOPSTOKE	32	14
16. BISHOPSTOKE	32	14
17. LANCING	32	10
18. SOLEY	32	10
19. BISHOPSTOKE	32	10
20. BISHOPSTOKE	32	8

* Points deducted due to ineligible players

Division Two

Team	P	Pts
1. EAST GRINSTEAD TOWN	32	54
2. BISHOPSTOKE	32	34
3. LANCING	32	30
4. LITTLEHAMPTON	32	28
5. BISHOPSTOKE	32	24
6. WICK & BISHOPSTOKE	32	21
7. BISHOPSTOKE	32	19
8. BISHOPSTOKE	32	18
9. BISHOPSTOKE	32	18
10. BISHOPSTOKE	32	18
11. BISHOPSTOKE	32	18
12. BISHOPSTOKE	32	18
13. BISHOPSTOKE	32	18
14. BISHOPSTOKE	32	18
15. BISHOPSTOKE	32	18
16. BISHOPSTOKE	32	18
17. BISHOPSTOKE	32	18
18. BISHOPSTOKE	32	18

* Points deducted due to ineligible players

Division Three

Team	P	Pts
1. BISHOPSTOKE	32	44
2. BISHOPSTOKE	32	44
3. BISHOPSTOKE	32	32
4. BISHOPSTOKE	32	28
5. BISHOPSTOKE	32	28
6. BISHOPSTOKE	32	28
7. BISHOPSTOKE	32	28
8. BISHOPSTOKE	32	28
9. BISHOPSTOKE	32	28
10. BISHOPSTOKE	32	28
11. BISHOPSTOKE	32	28
12. BISHOPSTOKE	32	28
13. BISHOPSTOKE	32	28
14. BISHOPSTOKE	32	28
15. BISHOPSTOKE	32	28

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